



THE LANTERN



The Official Newsletter of the Northeast Region Staff College
U.S. Civil Air Patrol

Sunday July 15, 2007

Volume

Director:
Lt Col Joseph Goldman

Deputy Director:
Lt Col Jack Ozer

Curriculum Coordinator
Lt Col Garry Metz

Officer of The Day:
Lt Col Garry Metz

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Maj Paul Mondoux

Welcome

Welcome to the North East Region Staff College

CONGRATULATIONS!!! You have chosen to take a very important step in your CAP career by devoting a week of your valuable time to improve your managerial and leadership skills. You will have an interesting week of lectures; seminar tasks; social activities; and leadership clinics, all designed to further your professional development in CAP; and your personal career.

What will you learn?
The RSC curriculum includes study in a wide array of areas including:

- ☐ Motivation
- ☐ Human Relations
- ☐ Team Dynamics
- ☐ Interpersonal communications
- ☐ Written communications
- ☐ Goal Setting
- ☐ Problem Solving
- ☐ Leadership
- ☐ Management
- ☐ Principals of organization

RSC courses are taught by a variety of highly qualified individuals including: CAP commanders, Air Force instructors, CAP members who teach professionally, and CAP members who are executives in their civilian careers. Each staff member is carefully screened and selected based on their experience.

A barbecue/picnic on Wednesday evening helps ease the stress of the hectic schedule felt by staff and students alike. For those willing to participate After the picnic, prepare to play (or cheer for) a great game of volleyball (staff vs. students). The staff has a remarkable record and we will be hard to beat.



Other activities will be conducted and are being planned for all to enjoy at the Picnic.

Dine Out—Ft DIX Club

Everyone must attend the formal military Dining-Out (be sure to bring the proper clothing – see Checklist). This is an excellent time to 'roast' the staff or students in a time-honored formal military manner. Candidates for Mess President and Mr./Ms Vice are chosen from the student body.

SAFETY

Is of Utmost importance

Do not compromise safety for
any reason

Report any problems to
Lt Col Christine StOnge



Welcome and have a great Week

What to Remember

NERSC

Points to remember

Always be on time

Uniform infringements

Customs and Courtesies

Speed Limit

Seat Belts

- **Always be on time.** If you are not 5 minutes early you are late.
- **Uniform infringements.** Police each other. Make sure your uniforms are worn properly
- **Customs and Courtesies.** Respect the Officers of the School and all service members; regardless of branch of branch or service. Respect each other.
- **Speed Limit** is strictly enforced
- **Seat Belts** are mandatory
- **Always Enter the auditorium from the Rear Entrance**
- **Always leave the auditorium from the Side Entrance**
- **Keep off the Grass.** Use the Sidewalks
- **Respect the American Flag**
Keep your MSA with you at all times

"The Lamplighter"



The Lamplighter is awarded to the student that has shown the most enthusiasm, Exemplified the spirit of the college and

contributed the most to the college.

"We often wonder how we are perceived and wonder if we are appreciated. The Lamplighter should tell the student how admired they are and that their fellow students recognize their hard work. From the staff's point of view, we will remember the Lamplighter with respect every time we hear their name."

Staff preparing for Student Arrival



General Information

1. HISTORY: The National Staff College program was established at Maxwell AFB in 1969 in an effort to provide advanced training for members of Civil Air Patrol in the areas of leadership, management and communication skills. The Maxwell Program utilized the USAF Squadron Officers School facilities and instructors from the Air University and NCO Academy at Gunter AFB. During the first five years, the program was expanded to accommodate up to 200 students each summer. Due to the large number of students desiring to attend and increasing airlift problems, the Pacific Region began a second college in the summer of 1972.

In 1975, a Seminar, made up of Region and Wing Commanders, recommended an even greater expansion of the program. The National Executive Committee acted upon the recommendation and two additional National Staff Colleges were established in 1976; the Eastern Staff College and the Central Staff College.

In 1979, the Eastern Staff College became the Middle East Region Staff College and the Northeast Region Staff College. NERSC was held on the campus of Worcester State College in Worcester, MA until it moved to the NCO Academy at McGuire AFB in 1986.

2. PURPOSE: Region Staff College helps prepare selected CAP officers to better execute the duties and responsibilities associated with CAP command and staff positions at the Wing level and above; while the National Staff College is executive level training for CAP officers who aspire to high-level leadership positions.

3. OBJECTIVE: The course curriculum is designed to increase the students ability to solve problems encountered in daily CAP operations through the techniques of motivation, leadership, management, goal setting, oral and written communications. These skills have been proven to be invaluable in all aspects of a student's life.

4. DIPLOMA REQUIREMENTS: The only guarantee a student has for receiving a diploma from NERSC is 'full participation'; 'on-time attendance' in all classes/activities and compliance with the following:

- a) Behavior must be above reproach at all times. It should reflect your pride in CAP, in or out of uniform, on or off the Base,
- b) No sleeping in class. NERSC does not have a curfew, but it is highly recommended that you set one for yourself to get a reasonable amount of sleep at night.

Anything less could result in a student's early discharge from the college (with notification to their Wing Commander that they have not completed this course).

Posture

What are the effects of poor posture?

The effects of poor posture include fatigue, weakness and tightness. Over time poor posture can cause muscle and connective tissue damage.

In a sitting position, poor posture usually takes the form of slouching. Gravity then pulls the shoulders down creating pressure on the spine and compressing the front of the torso and chest. Poor posture creates a situation in which the body must compensate for gravity pulling down on its structure.

How can You improve your posture?

It's important to sit and stand with straight (aligned) posture. When you do this, gravity pulls down in a straight line through your body (upper body when sitting) and there is no strain on your body to compensate for unaligned areas.

How can You stop slouching?

If you have developed the habit of slouching, you can stretch your way to better posture. Breaks can include exercises such as Arm Stretch, Overhead and Alignment Stretches.

NERSC Staff

Bannon Dennis Lt Col (Support Coordinator)	Middlestead Charles Maj (Seminar Advisor)
Beck Henry Lt Col (Evaluator)	Mondoux Paul Maj (Public Affairs Officer)
Bently Darlene (Seminar Advisor)	Ozer Jack Lt Col (Deputy Director)
Ferland Marianne Lt Col (Administration / Protocol Officer)	Ratis Warren Maj (Communications/Logistic s Officer)
Goldman Joseph Lt Col (Director)	St. Onge Christine Maj (Safety/Medical Officer)
Metz Barry Lt Col (Deputy Curriculum Coordinator)	Wyatt Jr Joe Maj (Program Evaluation Officer)
Metz Gary Lt Col (Curriculum Coordinator)	

Vision, enthusiasm,
commitment,
compassion , and
resourcefulness are
valuable characteristics.

Excerpt from THE UNIFORM of MY COUNTRY

“Without a word this uniform also whispers of freezing troops, injured bodies, and Americans left forever in foreign fields. It documents every serviceman’s courage, who by accepting this uniform, promises the one gift he truly has to give: his life. I wear my uniform for the heritage of sacrifice it represents and more. I wear my uniform with pride for it represents the greatest nation of the free people in the world”

NERSC Director, Lieutenant Colonel Joseph Goldman

LtCol Joseph Goldman is Director of the 2007 Northeast Region Staff College; at McGuire AFB, NJ. LtCol Goldman has served on staff for 8 During that time, he has held staff positions as Evaluator, Seminar Advisor, Deputy Curriculum Coordinator, and Curriculum Coordinator.



LtCol Goldman's CAP career started as a cadet at Loring AFB in Maine. He completed his cadet tenure in Hawaii Wing, where he earned the Amelia Earhart award. While attending the University of Hawaii, he was involved in the AF ROTC program. After graduating from the State University of New York, LtCol Goldman joined the AF Reserve and trained to become a navigator on fixed-wing aircraft. He returned to CAP as a senior member in 1991, as a member of the Rome Composite Squadron at Griffiss AFB, Rome NY. Griffiss AFB was deactivated in 1994, and LtCol Goldman joined the Utica Composite Squadron in Utica, NY. In 1997, he moved to Binghamton, NY and joined the staff of South Central Group. He also served as commander of the Binghamton Cadet Squadron. As of June 1, 2006 – LtCol Goldman has assumed the role of commander for South Central Group.

LtCol Goldman has held various staff and command positions; including Emergency Services officer, Cadet Programs officer, Professional Development officer, Squadron commander, and Group commander. He has also been a director for Squadron Leadership School and the Corporate Learning Course. He is a qualified Mission Observer, Ground Team Leader, Ground Branch Director and Air Branch Director. He received the prestigious Gill Robb Wilson award in 2004.

Professionally, LtCol Goldman holds 3 college degrees – including a Masters of Science in Computer Technology Management. He is employed at the State University of New York campus in Binghamton; as a Director of Technology. He sits on the executive board of the United University Professions union; chairing the committee for professional development. In June 2005, LtCol Goldman was elected as a faculty senator to the New York State Senate. He represents academic professionals at 4 SUNY campuses; and sits on the technology advisory committee.

PROFESSIONAL DEVELOPMENT AWARDS:

2004	Gill Robb Wilson Award
1998	Paul E. Garber Award
1994	Grover Loening Aerospace Award
1992	Leadership Award with 2 bronze stars and 1 sil-
1991	Membership Award

MAJOR DECORATIONS AND AWARDS:

Commander's Commendation Award with 3 bronze
Unit Citation with four bronze clasps
Brig Gen Charles E. "Chuck" Yeager Award
Command Service Ribbon with one bronze star
Red Service Ribbon with three bronze clasps
Amelia Earhart Award (awarded as a cadet)

LEADERSHIP EDUCATION:

2001	National Staff College
1996	Northeast Region Staff College
1995	Corporate Learning Course
1992	Squadron Leadership School
2002	Unit Commanders Course

SPECIALTY TRACKS AND RATINGS:

Cadet Programs (Master)
Communications (Technician)
Professional Development (Master)

Lieutenant Colonel, August 2004
Major, December 1998
Captain, May 1994
First Lieutenant, May 1992
Second Lieutenant, December 1991

Staying Cool When It Matters

What is Heatstroke?

Heatstroke is a life-threatening illness that occurs when a person's body temperature rises to 105 degrees Fahrenheit. Even if it doesn't cause death, it can cause permanent brain damage, as the cells in the brain are literally boiled. If the heat persists, other organs in the body will begin to shut down also. Muscle cells and blood vessels are destroyed, and if the heatstroke goes untreated, the victim will die.



There are two types of heat stroke and they usually affect different types of people:

Nonexertional heatstroke occurs when a victim is inactive and exposed to too much sun. Victims often are those who are more vulnerable to illness such as small children, people with chronic illnesses, and the elderly. These people usually have a decreased ability to regulate their body temperature and therefore are more likely to become overheated.

Exertional heatstroke occurs in otherwise healthy people when they are active outside during periods of high temperature. Frequently, young people think that they're not vulnerable to illnesses such as heatstroke. But think about the many young athletes who die while practicing or playing during times of extreme outdoor temperature.

Warning Signs

Before heatstroke, people usually experience warning signs known as heat exhaustion. The symptoms of heat exhaustion include headache, nausea, vomiting, muscle cramps, and fatigue. These are symptoms that people suffer as a result of a number of sicknesses of the body, so it is important that you recognize if your symptoms are or are not related to the heat. If they are, get yourself to a cool place. If someone suffering from heat exhaustion is not treated, they will quickly develop a potentially deadly case of heatstroke.

Once the heatstroke has set in, victims will become confused and irritable. In most cases, they will begin to suffer from delusions, hallucinations, and even seizures. Usually this indicates that the damage has already been done. If the victim's body temperature is not lowered immediately, they may slip into a coma and die.

How to Stay Safe

The most important thing you can do is to keep yourself cool.

Be sure to stay well hydrated in the heat. It is recommended that you drink more than twice the amount of water that you would on a normal day. Wear lightweight clothing and rest often. Pay attention to your body, and never ignore the onset of early symptoms such as headache and fatigue.

Don't take chances. Drink lots of water, stay hydrated and try to keep cool.



THE LANTERN



Schedule

Schedule

Monday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Human Relations
1000 Seminar—Human Relations
1100 Lecture—Foundations for Managerial Communications
1200 Lunch
1330 Lecture—Process for Managerial Communications
1430 Lecture—Public Speaking for the Manager
1500 Lecture—Effective Communications
1600 Lecture—USAF-CAP Liaison
1630 Lecture—Officership Clinic
1730 Dinner
2000 Free Time

Tuesday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Written Communications
1000 Lecture—Team Development
1100 Lecture—Time Management
1200 Lunch
1330 Lecture—Goal Setting
1430 Seminar—Goal Setting
1530 Lecture—Problem Solving & Critical Thinking
1700 Seminar—Problem Solving
1800 Dinner
2000 Free Time

Sunday

0600 Breakfast
0900 Student Tour
1130 Students Report to NCO
1200 Opening Ceremonies
1230 Lecture—Safety
1330 Lecture—Team Motivation
1430 Lecture—Team Motivation
1600 Officership Clinic
1700 Seminar—Dinner
2000 Ice—Breaker ALS